

# VEGGIES FOR SUMMER WEIGHT LOSS



## Cilantro

- 32g = 7.4 calories



## Bitter melon

- 100g = 34 calories



## Green beans

- one cup, raw  
= 31 calories



## Turnips

- medium-size,  
= 34 calories



## Cabbage

- one cup,  
= 22 calories



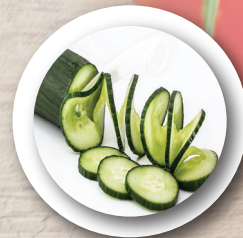
## Arugula

- 20 g, = 5 calories



## Romaine Lettuce

- one cup = 8 calories



## Cucumbers

medium size, unpeeled  
= 30 calories



## Green Peas

- ½ cup = 62 calories



## Bell peppers

- ½ cup = 30 calories



## Tomatoes

- large size  
= 33 calories



## Zucchini

- one cup, raw  
= 62 calories



## Kale

- one cup, raw  
= 33 calories



## Jicama

- 100g, raw  
= 38 calories